

ABSTRACT

A method of providing visual indications relating to various phases of a woman's menstrual cycle and an apparatus for providing visual indications relating to various phases of a woman's menstrual cycle are provided. As many as ten different types of
5 beads are utilized in the method and apparatus of the present invention to provide the desired visual indications. Different beads are placed on a string each day during the woman's menstrual cycle depending upon the phase of the woman's menstrual cycle and other events observed during such phases.